

IRON FOR YOUR CHILD

So your child is low in iron.
What does this really mean?

It means that your child is not eating enough foods with iron in them to keep his/her blood healthy.

It usually takes months of eating a diet low in iron before it shows up as a low iron level in the blood.

Why Does A Child Get Low In Iron?

Sometimes it is because they are picky eaters. Sometimes they get too much junk food. Other kids don't like to eat meat or just want to drink instead of eating. Some do not get healthy foods at regular meals. Other children are on the bottle too long.

What Can You Do?

- ✓ You can talk with the dietitian or nurse about any kind of feeding problem your child is having.
- ✓ You can take a look at how your child is eating to see what needs to be changed.
 - Should your child be off the bottle?
 - Is your child eating a lot of junk food?
 - Are snacks too close to meals?
 - Is your child drinking too much milk or juice?
- ✓ You can make sure your child is getting regular meals that include some foods high in iron.

Foods That Are High In Iron

Most healthy foods have small amounts of iron that add up. So eating foods from all the food groups is important.

Some foods are especially high in iron. These are foods from the Meat, Poultry, Fish, Dry Beans and Egg Group. Give your child 2 or 3 servings a day from this group.

Also, iron gets used by the body more easily when foods high in iron are eaten with foods high in Vitamin C. So be sure to give fruits and vegetables with meals.

★Foods Highest In Iron:

liver, pork, beef, fish, chicken and liver sausage

★Other Foods With A Good Amount Of Iron:

cooked dry beans or peas and pork and beans
iron-fortified cereals, dry infant cereal
eggs, broccoli
dried fruits like raisins and apricots

★Foods High In Vitamin C:

oranges, orange juice, grapefruit
tomatoes, potatoes, broccoli
green peppers
juices with Vitamin C added
watermelon, cantaloupe and strawberries

It takes time for a low iron level to come up. But when it does, your child will feel better, and so will you!



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